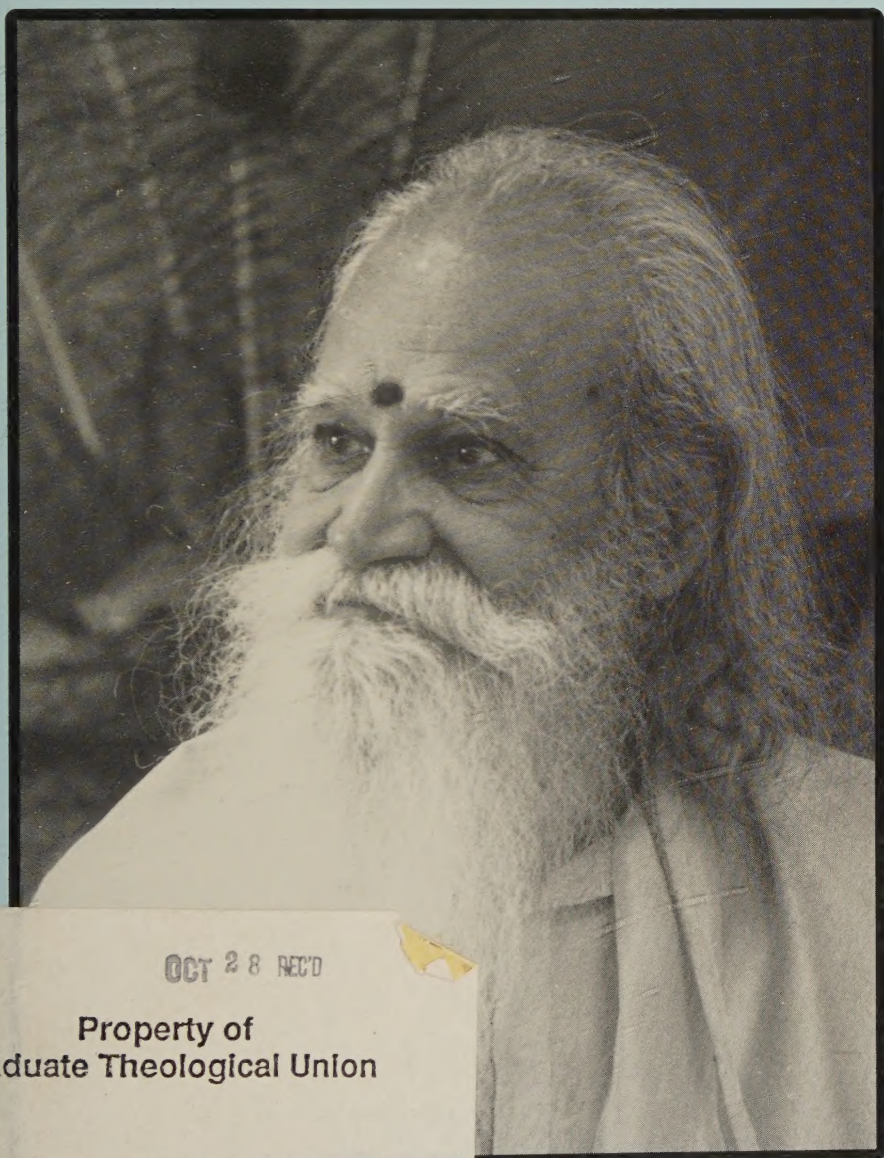


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THE TEACHINGS OF SRI SWAMI SATCHIDANANDA
FALL 1992 **\$3.00**



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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers and Satchidananda Ashrams. In these centers the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga—including Hatha, Raja, Karma, Bhakti and Jnana Yoga - as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living, are also available.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the Audio-Video, Publishing and Distribution departments, the Fine Arts Society, the elementary school, an affiliated Credit Union, and the international coordination offices for all Integral Yoga centers.

The LOTUS (Light Of Truth Universal Shrine), a shrine dedicated to the Light of all faiths and to world peace, is open to the public and is located in Yogaville, Virginia.

For more information, to arrange an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

LETTERS TO

I just wanted to say how much I enjoy being here. If it were my choice, I would have wanted to grow up here and go to the Yogaville school. However, since I didn't grow up here, it makes coming here even more special. Now that I'm fifteen and remember all of the wonderful things that yoga have given me, it feels very good. Maybe you can convince my mom or dad to move here so my brother can go to the Yogaville school and learn to appreciate coming here like I did!

S. S.

Springfield, VA

I was here for ten days and it was the best vacation in my entire life! I arrived here tired, with a lot of pressure, and I left (temporarily) with my heart full of love and peace. This is the best place to be!

E. Z.

Bethesda, MD

I GURUDEV

I was born in Moscow, Russia, and came here eleven years ago. Six years ago, I began practicing Yoga. Four years ago, God brought me to the Integral Yoga Institute in New York. Since then I have taken Teacher Training, Advanced Teacher Training and Meditation Teacher Training. I have been teaching at the New York Integral Yoga Institute for the last two years.

About a year ago I got initiated, and about nine months ago I quit my job and began working at the New York IYI. I have been staffing Teacher Training and Advanced Teacher Training in Yogaville. Right now, I am serving as a teacher coordinator and receptionist, and I have never had more fun. I love what I do, and it is a privilege and honor to serve you, God and the people by working at the New York IYI.

Thank you for being my Guru and for blessing me with your grace and love. I feel very much at home when I am surrounded by the Integral Yoga family.

*B. P.
New York, NY*



INTEGRAL YOGA MAGAZINE

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SRI SWAMI SATCHIDANANDA (called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. Dedicated to the ecumenical movement, his motto is: "Truth is One, Paths are Many." His main residence is in Buckingham, Virginia. In response to invitations from all around the globe, Sri Gurudev travels widely. Through every possible medium—lectures, conferences, radio, television and newspaper interviews, books and visits to centers around the world—he shares his knowledge in the fields of education, religion, health and Yoga.



SATSANG WITH SRI GURUDEV

*from an interview with Bharat Ratna Magazine
Hong Kong, 5 June 1992*



Question: What is man's relationship to nature?

Sri Gurudev: Man is a part of nature, like the relationship of the hand to the body or the head to the body. Being part of the body, the head cannot be happy if it doesn't care about the feet.

The chopping down of trees is like cutting ourselves. Man thinks that he has supremacy over everything. No. Even a mosquito has the same supremacy that human beings have in this universe. There's no conquering; there's cooperation in harmony. What is there to conquer? There's nothing to conquer. The only conquering, the only victory, is to conquer one's own mind. We have to respect every atom in this universe. Is there anything that is lifeless? There's life in every atom, intelligence in every atom. When you say that there's "dead matter," there is no dead matter. The scriptures say that God made everything out of God Himself. So, is God dead? No. How can a living God create dead matter? So, we have to respect everything.

For example, when you want to move a chair from one place to another, don't drag it, making a screeching noise; lift it gently, put it gently down, and sit. Learn to see the same divine Force permeating all over, and that is possible only when you realize that you are also part of that Force.

Know thyself and see thyself in Himself and love Himself as you love yourself. The Bible clearly states it. We are neither above nor below; we are equal. We've lost respect toward nature. When we are brushing our

teeth, why should we run the water unnecessarily? This means that we're not respecting that drop of water, whereas people in other countries may walk ten miles for a drop of water.

We should learn to respect nature. See God in everything, in every face. It's not that the respect and devotion come when you go to the altar, walk around it and salute. When you want to put something in the waste basket, put it gently. That's respect. ■





SWAMI SIVANANDA

"Arise! Awake! Stop not til the goal is reached!" Such words are the hallmark of SRI SWAMI SIVANANDA, a spiritual giant who lived from 8 September 1887 to 14 July 1963. Today he is known around the world through four hundred branches of the Divine Life Society and through the three hundred books that he wrote. Following his worthy example, many of his disciples have attained spiritual greatness and have become teachers themselves.



Seeing pictures of him, you might wonder who he is. He appears one time in a Muslim cap—or with a beautiful cross adorning his broad chest—another, with a tennis racquet in his hand. He was everything: Hindu, Buddhist, Christian, Muslim Jew, doctor, playmate.

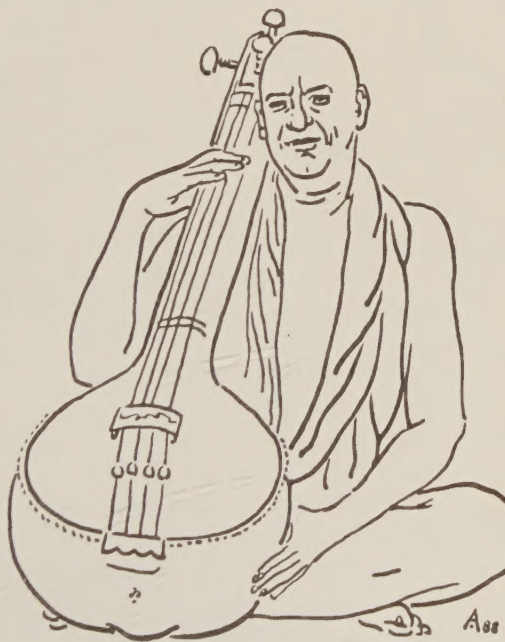
He accepted everything, and everyone. That is the secret of why everybody felt at home with him, and by his miraculous touch, he was able to lift people up. Though a perfected saint and master, he was a scientist in his acumen, an American in his efficiency, and when his Universal Love was added to these, he became the instrument of Grace that relieved pain and gave a new value and promise to tired lives.

When he founded the Divine Life Society in Rishikesh, Himalayas, he chose a universal name because to him Divine Life meant leading a healthy, happy, peaceful and spiritually prosperous life—something sought by all people, no matter what their beliefs.

His teachings were likewise universal, modern, dynamic, and simple: "God grasps without hands, walks without feet, sees without eyes, hears without ears. He is a mysterious being. He is one without a second. He

has a plan, and His wisdom is supreme. Don't you dare to question it. Wake up, my child! Resolve this very moment to resort to Him only. Call on Him; He will run to you. Praise His glory. Invoke His mercy. Be bold; be courageous. Realize Him and be free!" ■

*—This portrayal of H. H. Sri Swami Sivananda Maharaj appears in **Lives of Luminaries** (Integral Yoga Publications, Yogaville, VA: 1991).*





WORSHIP OF THE GURU

by Sita Bordow and others

This article is taken from "Sri Swami Satchidananda—East," Section 3 of Sri Swami Satchidananda: Apostle of Peace.

Sambasiva Chaitanya's pilgrimage resumed. In the spring of 1949 he was able to continue on his way north to Rishikesh. As he traveled, he created a particular image of Sri Swami Sivananda in his mind. He imagined that upon arrival at the ashram, an official would give him an appointment with the *guru*. Eventually, his turn would come, and he would be presented to the great teacher. Swami Sivanandaji would be seated in *padmasana* (the full lotus pose), an austere man with his eyes closed. He would be silent. When he finally spoke, his voice would be low, the words mystical and complex. After a few short, blessed moments with the Swami, Sambasivam would be dismissed until his next appointment.

It was the summer season, and Rishikesh was crowded with pilgrims traveling to and from the shrines of Badrinath and Kedarnath, one hundred sixty miles further north. For a while before and after their pilgrimage, most of them stayed at Ananda Kutir, Swami Sivanandaji's ashram. The ashram housed about eighty permanent ashramites, and three hundred people sat down daily for a free lunch. The entire population of nearby Munikireti took their meals at the ashram. Cows, dogs and hundreds of chattering monkeys were also fed. The area teemed with life in the warm summer light.

Sambasivam arrived at Ananda Kutir at 6 a.m. and was told that the *guru* was at his

private cottage on the bank of the Ganges. To prepare for the auspicious meeting, Sambasivam scrubbed his body thoroughly in a nearby part of the river, washed his traveling clothes and changed into a fresh outfit, which he had saved especially for this occasion. He bought fruit and flowers to give as offerings and hurriedly went in search of the *guru's* dwelling.

Many steps before he reached the cottage he heard a loud, booming voice and deep, hearty laughter breaking the stillness of the morning. Sambasivam was a bit perplexed. Who would be making so much noise near the Swami's house? He came in view of the cottage. A huge figure was

seated comfortably in a cane chair. He was well over six feet tall and weighed a good two hundred fifty pounds. The

man wore a small cloth *dhوتي* that came just below his knees. The rest of his body—legs, chest, and arms—was bare, except for a small towel thrown carelessly about his broad shoulders. The man's legs were crossed loosely at the ankles. A few people were seated at his feet, laughing and listening to his jokes. He smiled and clapped his hands frequently. Sambasivam stared. Immediately the shadow-Sivananda disappeared from his imagination. He ran forward and placed his offering at the feet of the *guru*. Then he prostrated full-length at the feet of his master, staying in that position several minutes without moving. His heart felt full, almost bursting with joy and love. Slowly Master Sivanandaji bent down, holding the hands of the new disciple tenderly.

Finally, Sambasivam stood up slowly,

As he traveled, he created a particular image of Sri Swami Sivananda in his mind.

gazing at the great Swami. In Tamil, Master Sivanandaji asked where he had come from.

"South India."

In rapid succession he inquired when Sambasivam had left his home, how long it had taken him to arrive in Rishikesh, and, "Are you happy?"

"Oh, Swamiji, I am overjoyed to be here."

"Good, good," he clapped his hands. "You have come to the right place. Your troubles are over. Stop wandering and stick to this place. Stay here." He motioned to one of his attendants. "Bring this man some *idli* and coffee."

"Coffee, Swamiji?" Sambasivam's eyes widened—a *sadhu* drinking coffee!

"Coffee," Master Sivanandaji repeated.

"But, Swamiji, in all your books you say coffee is bad and now you are. . ."

The master smiled at him. "Do you like coffee?"

"Oh, Swamiji, I love coffee."

"Do you take hot chutney?" Sambasivam shook his head no. "All right, bring him some *idli* just with *ghee*." Turning back to Sambasivam, the *guru* asked, "How do you like the rest of the ashram?"

"I was so excited about seeing you, I came directly here without looking at anything else."

"Well, then, do you like me? Am I all right?"

Sambasivam had never been asked such a question by a Swami. "I really don't have the words to express what I feel. I will say that I'm seeing something completely different from what I expected."

"Ah? What did you expect?"

"Somehow I thought you'd be seated on a big, throne-like seat, meditating. I thought it would be very difficult to see you personally. . ."

"Ah, and would you like to see me like that? Only then will you think I'm a big Swami, hmm?" the *guru* joked

After breakfast he asked one of the

sannyasin disciples to give Sambasivam a room and told the new *sadhu* to relax. Although the trip had been long and tiring, this order was particularly difficult to follow. All day Sambasivam

waited for the evening *satsang* when he could see his master again.

It was Master Sivanandaji's habit to call upon the new ashramites and guests during *satsang*, asking them to sing, play instruments, talk, or in some other way show their talents. That evening he turned his attention toward Sambasivam. "You are a Tamilian. Why don't you give us a lecture in Tamil?"

Sambasivam became suddenly shy. "Oh, no." He looked around in embarrassment. "Swamiji, I'm not prepared to talk."

"Come, come," Master Sivanandaji insisted pleasantly. "Tell us something at least."

Sambasivam came forward, trying to shrink in stature and be less conspicuous. Then he spoke. He spoke of how he had long awaited this opportunity and of his happiness at being in the ashram. "We are so fortunate to be at the feet of a Master who is so simple, so friendly, so loving, and, at the same time, so filled with wisdom." He ended with a short prayer to the *guru*.

"Wonderful! Wonderful!" Swami Sivanandaji applauded loudly. "We have a great Tamil lecturer with us now." ■

Immediately the shadow-Sivananda disappeared from his imagination...his heart felt full, almost bursting with joy and love.

THE PHILOSOPHIC LIFE

by Sri Swami Krishnananda



Sri Swami Krishnananda is Secretary of the Divine Life Society, Rishikesh, India. This article is an excerpt from Swami Krishnanandaji's introduction to *Sivananda: Biography of a Modern Sage* (Vol. I).



Swami Sivananda emphasises that life is the working out of a philosophy, and philosophy is the unravelling of the mystery of existence, an all-round consideration of the deeper implications of experience and not merely a raising of the mansions of logical systems. Philosophy is more a digging deep into the abyss of life than a flying into the air of abstract speculation. Swami Sivananda recognises that any philosophy divested of human concerns is doomed in the end to failure and can never appeal to the restless and inquisitive spirit of man. Philosophy, religion and life meant one and the same thing to him. They signify not any unworldly or other-worldly concepts, but move in close association with man's demands for food and love, fame and

power, value for life, concern for others, regard for oneself and his ultimate aspiration for immortality in *Brahman*.

The ringing tone of Swami Sivananda's life and teachings is that of a divine love based on proper understanding, a love in which the obstructing barrier between man and man is broken open and in which one easily discovers a happy way of participating in the life of others in the world. Endless hope—which seems to be the only foundation of all human enterprises—bespeaks the remote possibility, if not the immediate fact, of a union of the personal will with the Universal Law of God. It is this love and this meaning of hope and aspiration that can assure a world-brotherhood, a world-government based on universal sympathy and altruistic considerations. It is this principle of humanitarianism and an acute perception of the necessity of rousing mankind to the presence of an Almighty God that characterise the life and teachings of Swami Sivananda.

The *Vedas* declare that there is no limit to God's glories and there is no cessation of man's endeavour to comprehend His Nature and the path leading to Him. Swami Sivananda caught the significance of this great truth and so never felt that spiritual teachings can have an end, that one can ever be tired of teaching the spiritual way of life or of listening to spiritual instructions, that there could be a limit to the carefulness with which the guru has to look after the welfare of his disciples at every stage. To him every moment is an opportunity for *sadhana*, an occasion to exercise unlimited caution in regard to one's spiritual practices and to be aware of the chance of temptations, thwartings, side-trackings and stagnations of mind and spirit in one's life. ■

YOGA AND HEALTH

Fasting

by Dr. Amrita Sandra McLanahan



Sandra Amrita McLanahan, M. D., is a dynamic, highly acclaimed speaker and nationally recognized authority on preventive medicine, nutrition, stress reduction, and primary family health care. She is attending physician at the Institute for Higher Healing in Richmond, Virginia, serves on the Board of Directors of the Integral Health Center, and is a resident of Yogaville.

Perhaps the reason fasting originally got its name was that it was found to help make you healthy "fast." Indeed, fasting is a very useful, natural technique for relieving many bodily problems. But fasting must be approached cautiously. Know that nature disappears, the eyesight will become clearer and the saliva will actually taste sweet. You will feel very alert. This alertness is probably why so many religions associate holy days with fasting.

How to fast

One fast day a week is an excellent regular practice for health. On this day take only juices—one kind of your preference (orange is good). Don't use canned juice; when possible, take fresh or, if not, frozen juice. If you are having a very quiet day, you may take only water. In the beginning, if you feel very weak, take some solid fruit (fruit fasting).

Once you are used to this, you may try three-day fasts or go as long as two weeks twice a year, with great benefit, but judge according to how you feel, not by any pre-set rules. When the tongue clears and the saliva is sweet, the fast is long enough. For longer fasts, a mixture of juices is beneficial: to one gallon of water, add two cups orange, one cup prune and one cup papaya juice. This mixture of diluted juices is very gentle on digestion and aids fasting.

Most importantly, take as many days to break a fast as you have fasted. During a fast the stomach and intestines become smaller, so you can't go right back to eating the same foods as before. A good approach is: begin the fast on juice (make sure the last few meals before fasting are light). Take an enema each day you fast, because the body's normal reflexes of elimination are not in effect. Come off the fast by first taking juicy fruits like oranges or grapes or by taking yogurt with finely chopped cucumber. Next add easily digestible items like cream of wheat, applesauce, and plain steamed vegetables until you have equalled the number of days of the fast. ■

VIDYALAYAM CORNER



The following poems are from *Light of Vidyalayam*. This book of poetry, on various subjects, was composed by the Vidyalayam students and offered by the students and their teachers to Sri Gurudev in celebration of Guru Poornima 1992.

LOTUS Light Of Truth Universal Shrine

With waterfalls of joy
And pools of Peace
Alleys of Love
How can there be sadness?
With elephants as guards.
With lanes going to the abode of Peace
There is only joy to reside here.
Astonishing fountains spurting love.
I would never hesitate to live here.
As I sit here,
I hear the splashing of water,
LOTUS the Home of Peace.

—Amadeo Bennetta, age 10

LOTUS shines in splendor and beauty
The dome of gold shines majestically
The LOTUS has opened.
Wisdom Has Come!

—Nandalal Rajakumar, age 8

I love to be in the LOTUS to meditate.
It is so peaceful.
It's very beautiful.
When I come to the Lotus,
All of the bad feelings that I have,
Completely go away.
Its beauty is so very great,
That I am overwhelmed with Joy and
Peace.
On the outside, it is so, so very pink and
blue.
The fountains spout beautiful water,
Which is so very clear and pure.
I wish I could stay here forever.

—Sharada Bowyer, age 12

It is Peaceful.
It is Calm.
It is Perfect.
It has Love.
No imperfection goes there.
It has Joy.
It is Lovely.
All the symbols are so bright.
All the symbols show like Light.

—Shakti Howeth, age 7

INTEGRAL YOGA INTERNATIONAL

NEW YORK
INTEGRAL YOGA INSTITUTE
by Swami Ramananda



Fall 1991 was a season of breaking new ground in presenting Sri Gurudev's teachings at the New York IYI.

The first Integral Yoga non-residential Advanced Teacher Training took place over a seven-week period. Eleven teachers graduated on Saturday, 16 November, on an evening that featured a candle-light procession and a video-taped talk by Sri Gurudev. Swami Asokananda, the primary instructor, spoke about the need for teachers to be good students. Then the graduates presented Swami Asokananda and Swami Ramananda, who assisted with the training, with a beautifully engraved plaque.

Another successful program was initiated by Dr. Peter Purusha Hendrickson, a long-time *sangha* member and highly re-

spected psychologist. In this course, "Making Peace with the Past," Dr. Hendrickson combined his experience in both Yoga and psychotherapy to guide

twenty-five students through exercises to heal unresolved emotional issues from the past.

Dr. Hendrickson also teaches a year-round series of workshops for those whose lives have been touched by HIV. These classes are called PATH, Positive Approaches to Health, and have made the yogic principles of healing available to a growing number of people faced with this crisis. In addition, attendance has grown: our two weekly Hatha classes taught especially for those with HIV.

Bharatan Fiala, a Shiatsu therapist and Hatha Yoga instructor for many years, also introduced a new course entitled "Healing the

Heart." This course is based on Dr. Dean Ornish's application of Yoga teachings to heart disease, and Bharatan lovingly guided the nineteen students in the art of yoga lifestyle. Students learned how physical well-being can be grounded in the spiritual principles of loving and giving.

The year's activities came to a close with a touching evening in observance of Sri Gurudev's Jayanthi [birthday], beautifully organized by Swami Divyananda. A number of people recounted how Sri Gurudev had transformed their lives and guided them towards deeper faith and peace. An atmosphere of gratitude and love—by staff and students alike—permeated the celebration, reminding us again to whom credit is due for all the blessings received this year.

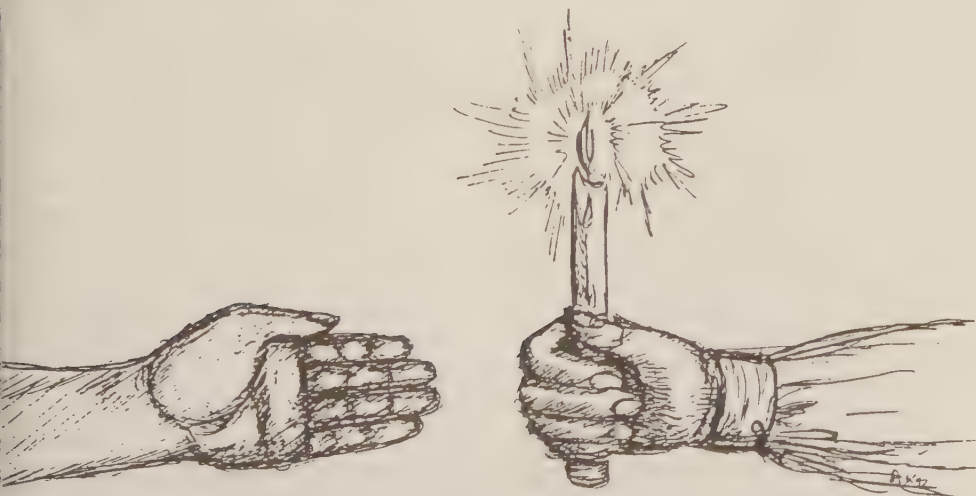
ELMWOOD PARK, NEW JERSEY INTEGRAL YOGA INSTITUTE



Margabhandu, his wife, Mahalakshmi, and their daughter, Madhuri, with Sri Gurudev during Guru Poomima.

Felicitations and congratulations to our beloved Margabhandu Martarano, Director of the Elmwood Park Integral Yoga Institute. This year marks Margabhandu's twenty-fifth anniversary as a student of Sri Gurudev and Integral Yoga. In his characteristically humble and steady fashion, Margabhandu has been disseminating the teachings of Sri Gurudev and Integral Yoga for many years in the northern New Jersey area, and he has brought great benefit to many through his practice of message therapy, as well as his deep knowledge of proper diet and nutrition. This year, in recognition and appreciation of his dedication and many years of service, Margabhandu received a certificate from Fairleigh Dickinson University, Rutherford, New Jersey. Margabhandu has taught an accredited Integral Yoga Hatha Yoga class at Fairleigh Dickinson for the past fifteen years.

May Margabhandu continue to experience the Peace and Joy, Love and Light that come from a life dedicated to serving others. ■



INTEGRAL YOGA HIGHLIGHTS



Swami Vidyananda is a video producer-director at Yogaville, an instructor of Teacher Training programs, and chairperson of the Integral Yoga Teachers' Council.

Swami Vidyananda's recent schedule included several trips around the northeastern part of the United States to visit Integral Yoga friends and centers.

At Easter time, Vidyananda flew to Hartford, Connecticut to visit Lata and Rudra Altman and their children, Lotus and Ravi. Their store, Cheese n' Stuff, has grown to be one of the most impressive natural food stores in the nation. The children have also grown into beautiful, healthy, and happy youngsters. Rudra will soon open a new store in Jacksonville, Florida.

Vidyananda also visited Boston, Massachusetts, where she celebrated with Janaki Tagney the completion of Janaki's Ph.D.

degree. (Congratulations, Dr. Janaki, from all of us!) She had a wonderful visit with Paul Millerick and Ravi and Lakshmi Sirois, and gave *satsang* in their beautiful Yoga center. Mani and Samir Thirumalaisamy hosted Vidyananda at a delicious Indian dinner.

Vidyananda's sister, Jacqueline, was in the final year of her Master's degree program at the Harvard Graduate Business School. At Jacqueline's request, Vidyananda presented a program in stress reduction and Yoga to the students of the Harvard Business School; it was very much appreciated.

After the session, a young student from Pakistan approached Vidyananda for advice. This young woman had had a long, uphill struggle to achieve her career in Pakistan and also to receive acceptance to Harvard for her Master's degree in Business Administration. Her first year went very well, but now in her second year, pressures from home were undermining her ability to concentrate. She was on the verge of dropping (or flunking) out of Harvard, and she was very uncertain as to how to handle the conflicts with her parents. At this point in the conversation, Vidyananda asked herself, as usual, "What would Sri Gurudev say?" And she recounts, "The answers started to pour through me in a way that sounded more like Gurudev's than like mine." Vidyananda suggested to the woman that she take the first possible opportunity to tell her family how deeply she was hurting because of the conflict and also to apologize for her part in hurting them. Vidyananda also mentioned that since God had given her an extraordinary

God had given her an extraordinary opportunity to study at Harvard surely He was preparing her for some work that He wanted her to do. Finally, Vidyananda suggested that she trust in God's higher wisdom and resume her studies with new enthusiasm.

A month after Vidyananda's return to the ashram, she got a call from the student, who reported that she called her family and cleared up the problems as per the (Sri Gurudev's) advice and that she was back on track in her schooling. In June she called to say that the president of the Karachi branch of a large American firm had flown her home to Pakistan and offered her a very good job, answering directly to him. She took the job, and she was so happy that she completed her studies. It was a beautiful testimony to how Sri Gurudev's grace manifests itself through those who call on him.

After Boston, Vidyananda gave programs at the New York IYI. Her program, "Healing the Child Within through Hatha," had to be moved to a bigger room than planned because of the overflow attendance. Students in the "Personal Symbols, Personal Rituals" seminar enthusiastically discovered the joys of using art and ritual to open their hearts and to approach God in a child-like, meaningful way.

The New York IYI also held an Easter Retreat in upstate New York. Purusha Hendrickson and Swamis Ramananda, Asokananda and Vidyananda explored the meaning of Easter and Passover as they prefigure our personal transformation. Vidyananda spoke on the *Bhagavad Gita* and the Bible in her talk, "The River of Compassion." Purusha gave a profound and moving personal sharing.

After her stay in New York, Vidyananda flew to Baltimore, Maryland at the invitation of Ed Fotheringill. Ed teaches a course at Goucher College on Eastern and Western religious philosophy, and he invited Vidyananda to lecture on the *Yoga Sutras*. Vidyananda's talk was practical,

deep, and very funny. The students kept her nearly an hour after the class with questions and more questions.

In another context, Vidyananda recently returned to Baltimore to perform the marriage of Ed and Linda Fotheringill's daughter, Kelly, to Roland Matte, son of former Baltimore Colts football star Tom Matte. She also visited the Washington D.C. Integral Yoga Teaching Center, which is a very active center under the direction of Soorya and Chandra Karpati and Pervin Davar. Together with Asangan and Karuna Binstock, Vidyananda lectured on "Coping with Stress in City Life." The next day, most of the teachers and senior students came for a three-hour Hatha Yoga workshop. Vidyananda's hostess, Ishwari Leiffert, and the Washington *sangha* were very gracious, and their work in the name of Yoga shines as a beacon of light in our nation's capital. ■

22nd Annual
Integral Yoga Silent Retreat

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REFLECTION,
REJUVENATION**

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Sri Swami Satchidananda*

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THE UNIVERSAL PRAYER

by Sri Swami Sivananda

O Adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent and Omniscient.

Thou are Satchidananda (Existence-Consciousness-Bliss Absolute).

Though art the Indweller of all beings.

Grant us an understanding heart,

Equal vision, balanced mind,

Faith, devotion and wisdom.

Grant us inner spiritual strength

To resist temptations and to control the mind.

Free us from egoism, lust, greed, hatred, anger and jealousy.

Let us behold Thee in all these names and forms.

Let us serve Thee in all these names and forms.

Let us ever remember Thee.

Let us ever sing Thy glories.

Let thy name be ever on our lips.

Let us abide in Thee for ever and ever.

GURU POORNIMA 1992

by Kumari de Sachy



The children lead Sri Gurudev into Sivananda Hall for the commencement of the Guru Poomima celebration.

Saturday, 11 July

Morning program

Once again, devotees from all over the globe reunited to celebrate the blessed occasion of Guru Poomima, which took place on

the weekend of 11 - 12 July. The program commenced with *akanda japa* on Friday night. Devotees chanted all through the night, up to the *puja* that was performed on Saturday morning. A beautiful Yoga Ecumenical Service (YES) was performed, and Sri



Raghavan Rood presents Sri Gurudev with the prototype of the new vases that will decorate the LOTUS Sanctuary.

Gurudev was presented with various *prasad* offerings, including a prototype of the beautiful new vases, handcrafted by Raghavan Rood, that will decorate the upper Sanctu-

ary of LOTUS and two new videos from Shakticom: *Building of LOTUS (Part I)* and *Greatest Hits from Guru Poornimas of the Past*.



Sri Gurudev holds up the new Shakticom video offered by Hariharan Goodman.

At the conclusion of the morning activities, Gurudev expressed his heartfelt thanks to everyone from all over the world, to those who were able to come in person and to those who sent the many messages and telegrams. He reminded us that Guru Poomima is a wonderful occasion not only to remember what we have received all these years and to express our thankfulness for that, but also, at the same time, to recognize the real guru within. Gurudev pointed out that if we did not recognize the guru within, we would not be recognizing the guru without. He urged us to: "Look within, look within, look within. Refine the mind. Reform yourself." A pure heart, non-agitated, serene, that, explained Gurudev, is the guru.

Evening festivities

Evening offerings included beautiful *bhajan* presentations by Rani Rao, Prema Venugopalam, and Krishna Holt, an adorable song and dance presentation by the pre-school children and inspiring poetry read-

ings by the Vidyalayam Primary School students, who also presented Sri Gurudev with a lovely anthology of their poems. Dr. Mahalangam, a leading South Indian industrialist and philanthropist, came from India to take part in the festivities. Meera Stewart sang some of her own beautiful and uplifting songs and also, with her usual exuberance and vivacity, auctioned several beautiful "OM" drawings by Sri Gurudev as a fundraiser for the Vidyalayam. This event earned several thousand dollars for the Vidyalayam, and at the end of the auction, Sri Gurudev, himself, made a generous donation to the school. These contributions will be used this year to open an upper school for the older students, so that they will be able to continue studying at the Vidyalayam.

Sunday, 12 July

Morning program

Sunday was also replete with celebrations and festivities, beginning with the dedication of the new Fine Arts Society



Sri Mahalingam joins Sri Gurudev for a festive Guru Poomima luncheon.

studio, Ananda Kala Mandir. After this auspicious occasion, everyone gathered at LOTUS to celebrate the sixth anniversary of the Light Of Truth Universal Shrine. Sri Gurudev, honored guests, and celebrants representing the various faiths led a procession around the Shrine, circumambulating three times. After the *abishekam* offering, all proceeded into the Shrine and assembled in the Sanctuary, where honored guests garlanded the central altar and celebrants garlanded the altars representing the various faiths. Then, together with Sri Gurudev, we meditated, silently offering our gratitude for having been blessed with the wisdom and guidance of Sri Gurudev and with LOTUS, the embodiment of the ecumenical spirit that characterizes Gurudev's teachings, his service and his life.

Evening festivities

On Sunday evening we again enjoyed the offerings of Sri Gurudev's many talented devotees who joyfully expressed their love, gratitude and devotion. Among those were Sri Sethu, long-time devotee of Sri Gurudev and Director of the Vasanthi Children's Hospital in India, who offered a loving tribute to Sri Gurudev, stressing that the essence of spiritual life is faith; Revs. Bhavani and Bhagavan Metro, who charmed us with their award-winning country-western dancing; David Vanderveer, whose juggling, balancing and comedy routines delighted young and old alike; Jyothi Sakckett and her Vidyalayam classmates who sang "You are the Lord," a beautiful song composed by Jyothi; and Meera Alexander, who also sang with her sons, Thyagan and Deva, and Yogaville's Miracle Choir. The last offering was a loving tribute to Sri Gurudev by Swami Karunananda, President of the ashram, who spoke for all of us in thanking

Gurudev for all the love, blessings and guidance that he continues to bestow upon us.

In his closing message, Sri Gurudev reminded us that the essence of spiritual practice is to have faith. He said:

As a spiritual seeker, if you even allow a little doubt to come into your heart, there goes all your practices. Here you see how important it is to develop that kind of faith. And, of course, faith is not something that can grow anywhere and everywhere. It needs fertile, clean soil. That's your heart; faith grows in a pure heart. An impure heart cannot develop that faith. So, here is the proof of what we can achieve with total faith in God. Nothing is impossible.

I think that it was Lord Tennyson who said, "More things are wrought by prayer than the world dreams of." We cannot even dream how much we can achieve with our sincere, faithful prayers. Prayer and faith are the same. Prayer without faith is no prayer at all. . . . And our sincere prayer should be, "Lord, continue to work. Make us fit instruments. Let us not forget that. Let us not err from that knowledge. Let us remember that we are always Your humble servants. Don't allow us to get into this *maya* of forgetting this truth and let us do whatever You will."

Let that be our sincere prayer in all our efforts—if we call any effort our own. Let the credit go to the right person. So, I thank you all for picking me as your instrument. Let God continue to guide us, put us into good use until He finishes His job—if he ever finishes. Thank you. Thank you all our good friends, guests from everywhere, our Yogavillians, Yogavillains, and our beautiful angels [the children], who are the climax of our festivities. God bless you all. OM Shanthi. ■

SPECIAL EVENTS AT YOGAVILLE

by Kumari de Sachy



Father's Day

21 June 1992

We celebrated Father's Day with a festive luncheon, prepared and served by the mothers. Our spiritual father, Sri Gurudev, joined us and, after lunch, offered us the gift of his wisdom in the following message:

The Real Father

Who is the real Father? [One of the children answers, "God."] Good! God is the Father of all. He is the Father in Heaven, right? So it is His day today. We specially think of that Father, thanking Him for having given birth to us and thanking Him for tolerating us in all our mischief and mistakes.

Are we all acting as good children? [Some people answer, "No!"] See? But however bad we are, He is still going to keep an eye on us. And with a heavy heart, He is waiting to see us behave well. So we'll be celebrating Father's Day very well if we can only behave like good children, true to our Father, bringing out the Father's image in us. And Father created not only us, the human beings. He created everything and everybody. Always when we say "everybody," we think of human beings. We seem to forget that even the animals, plants, stones, mud, mire, sun, water, air, sky, were created by Him. So, they are all our brothers and sisters. We love not only ourselves, but we also love everything in creation.

Do you think that Father would be happy if the children quarreled among themselves, if He sees His own children fighting with each other, killing each other? Never. So we should stop hurting each other; we should love each other, help each other, share what we have with everybody, then our Father, God, will be extremely happy to continue to bless us with all the necessities. That's why we celebrate Father's Day. Not to buy things from Gimbel's and Macy's. Father doesn't need all those gifts. What he needs is our good heart, our loving life, and our life of giving.

So let us remember, at least on this day, to look into our own hearts and minds to see how we can make our Father pleased with us. That's

the only way really to celebrate Father's Day. Let us all be good children of that one great Father in Heaven, living as He wants us to live. Thank you. God bless you. OM Shanthi, Shanthi, Shanthi.

Golden Wedding Anniversary Celebration 30 June, 1992

On Tuesday, 30 June 1992, Sri Gurudev hosted the golden wedding anniversary celebration of Kamla and Lokan Hemandas from Hong Kong. The Yogaville commu-



Kamla Hemandas proudly displays their Integral Yoga Marriage Certificate as she and her groom, Lokan, glowingly pose with Sri Gurudev during their golden wedding anniversary celebration.

nity joined Sri Gurudev and the Hemandas family as the happy couple renewed their marriage vows.

The celebration commenced at 10:30 a.m. as Sri Gurudev led Kamla and Lokan, their son, Nick, his wife, Lavina, and their grandchildren, Michelle, Sunil, and Chand, in procession into Sivananda Hall. Then, Rev. Jaganath Carrera welcomed everyone, reminding us that it isn't too often in this world that we celebrate commitments and that this occasion was a rare and holy one, proving that God's grace was with Kamla and Lokan. Thinking about God's grace, four words came to Rev. Jaganath's mind: commitment, dedication, sacrifice, grace. Rev. Jaganath said that the occasion of Kamla's and Lokan's golden wedding anniversary was, in a way, a celebration of all these ideals, ideals that they have incorporated into their life together.

After these words of welcome, Rev. Jaganath performed a *puja*, after which the couple read their vows, garlanded each other, and then garlanded Sri Gurudev. Kamla and Lokan beamed like newlyweds as Sri Gurudev presented them with an Integral Yoga marriage certificate, which he signed as the officiating minister. Following the ceremony, Sri Gurudev offered a beautiful message:

What a joyous occasion to see these two souls having come together fifty years ago, still together, and they will still be together for many more years. But now their life has changed. In the Hindu tradition, there are four *ashramas*, or orders of life: *Brahmacharya*, the student life, when one gains knowledge; *Grihasta*, the householder life, when one shares that knowledge with the family; *Vanaprastha*, when one gives over family duties to one's children so that one lives as a spiritual seeker, available to the entire world in the name of God and humanity; *Sannyas*, when one lives as a renunciate outside the household, apart from the family.

These people are now fulfilling the

third *ashrama*, and it gives us great joy to see them here. This is our very first golden wedding anniversary celebration at the ashram, and this couple is inspiring the young couples to look forward to their own golden wedding anniversaries. So we are gathered here to get inspiration from Kamla and Lokan and, at the same time, to wish them well in their new *ashrama*, which they can share with the world at large.

Concluding his loving tribute, Sri Gurudev invited Chand, the youngest Hemandas family member present, to address us all. Young Chand told us how happy he was for his grandparents on this auspicious occasion, he graciously thanked everyone for coming, and he introduced his sister and brother. Then, Nick Hemandas presented Sri Gurudev with a special—and thoughtful—gift: a beautiful, large peach-colored umbrella imprinted with the Integral Yoga logo. Nick also generously presented the ashram with ninety of the same umbrellas, explaining the significance of the gift. When he and his family visited the ashram three years ago, it was raining and he noticed that there weren't enough umbrellas to be found. So, he took a vow that the next time he visited the ashram, he would bring umbrellas!

The propitious occasion was even further enhanced by a festive Indian luncheon in honor of Kamla and Lokan, whose devotion and dedication to each other and to their family render them shining examples of the highest ideals and the sanctity of the householder life.

Opening Ceremony of the 4th Annual Bharata Natyam Dance Camp 19 July 1992

For the fourth year, Satchidananda Ashram-Yogaville and the Fine Arts Society had the honor of hosting Sri and Srimati Dhananjayan and the Bharata Natyam Dance Camp. On 19 July, Sri Gurudev, the



Posing with Sri Gurudev during the dedication of the Fine Arts Society studio are, from left to right: Padmarani Rasiah, her son, Nandalal, Prema Venugopalan, Swami Gurucharanananda, Amma Rasiah, Mitra Metro, and Parameshwari Dinsmoor.

Dhananjayans, the Fine Arts Society staff, students, guests and members of the Mogaville community assembled in Ananda Mala Mandir, the brand-new Fine Arts Society studio, to open this year's camp. Sri Dhananjayan performed the *pūja*, and the dance camp students joined him in chanting *Vokas*. Sri Gurudev offered his blessings and the following message:

One of the great saints, addressing the Goddess Sarasawati, said: "O Goddess, when I see you holding a book, it seems that You are still learning. That means that what I have learned so far seems to be like a tiny piece of clay. What I haven't learned is as big as the whole world. So, there's no limit to learning. As long as we are in the world, there's so much to learn. One who thinks that he or she has learned everything is foolish.

One of the best ways to worship is through dance. In Bharata Natyam you wor-

ship the Lord with the body, mind and heart, with the complete you. In Bharata Natyam the body, the heart and the soul are joined together in the dance.

It's a joy to see how much interest is generated by students, teachers and staff. And always remember the "three D's:" Discipline, *Dedication*, *Devotion*. If these three are there in anyone's life, that person will always shine. May the Goddess Saraswati and the Lord of dance, Lord Nataraja, and the Dhananjayans and the great saints and sages be with you to help you overcome all impediments—and there will be impediments. Anything that comes easily goes easily. So, you should have that dedication, discipline and devotion.

To conclude the opening ceremonies, everyone went to the Lord Nataraja Shrine at Kailash. Here, Sri Gurudev garlanded the statue of Lord Nataraja with an exquisite garland brought from India. ■

A WORLD OF LIGHT

"Truth is so great a perfection that if God would render Himself visible to men,
he would choose light for his body and truth for his soul."

-Pythagoras

The Sun, the Light of the World,

I hear Him coming.

I see His face as He comes,

He makes the beings on earth happy,

And they rejoice.

O Wakan-Tanka,

I offer to You this world of Light.

-Oglala (Sioux)

"Always and in everything let there be reverence."

-Confucious

DAY-BY-DAY WITH SRI GURUDEV



Sri Gurudev, Yogi Bhan (far left) and guests enjoy dinner at Gaylord's Restaurant in Los Angeles.

California Los Angeles

On Saturday, 16 May, Sri Gurudev began a month-long trip with a stopover in Los Angeles. Nirmala Heriza lovingly coordinated a public talk given by Sri Gurudev entitled "Faith in Times of Adversity." Three hundred fifty people attended the talk, which was held in Santa Monica.

The next day, Sunday, 17 May, Sri Gurudev attended a fund-raising dinner, also organized by Nirmala, at Gaylord's Restaurant. Present among the one hundred fifty guests were Yogi Bhan and his followers, Mr. and Mrs. Billy Veprin, Swami Suriyasangitananda (Alice Coltrane), Diane Ladd, Felix Cavaliere (a member of the Rascals). Sri Gurudev received telegrams and messages from Satya Sally Kirkland and Karuna Carole King, and an auction was led by Sanjay John Stewart. Yogi Bhan gave a spontaneous tribute to Sri Gurudev, declaring, "His grace and humility are incredible. This is a true saint."

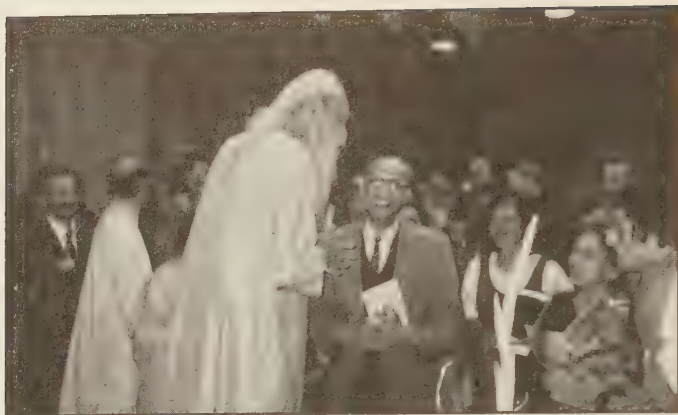
On Monday, 18 May, Sukarta Lester Alexander organized an informal satsang in his home. About sixty people attended, including Diane Ladd and her daughter, actress

Laura Dean. One of the devotees asked Gurudev for some advice about her brother, who is suffering from mental disease. Gurudev advised that the most important thing would be for her brother to establish a totally *sattwic*, or tranquil, lifestyle, with emphasis on proper diet and yogic principles. He also pointed out that a healthy, healing environment is important, that one has to

go into a completely different environment to let go of any kind of addiction or habit, but that one must also consciously work on the problem, using the will, which comes from faith. The atmosphere itself, said Gurudev, makes you forget the habit. Gurudev emphasized that if you have will, nothing is impossible, or if you don't have that self-will, you should go to a place where you can develop that will, a place with the right company. He stated that if you put yourself in good company, things come more easily. Yogaville, he noted, is such a place. It has a vibration of health, and any problem can be helped here.

San Francisco

On Thursday, 11 June, at Fort Mason Center, Sri Gurudev spoke to forty members of Dr. Dean Ornish's heart program. The next day, Gurudev gave a talk entitled "Faith in Times of Adversity." This program was organized by the San Francisco Integral Yoga Institute, and approximately three hundred people came to hear Gurudev. On Saturday, The San Francisco IYI sponsored a fundraising dinner with Sri Gurudev at Gaylord's Restaurant, where Rev. Rishi Schweig led an auction. Auspiciously, one hundred eight people



Sri Gurudev speaking with program participants after a talk in San Francisco.

attended, including Mr. and Mrs. Kripalani, Mr. and Mrs. Luke Harilela, and Drs. Shirley Brown and Dean Ornish.

Hawaii

Diamond Head

On Wednesday, 20 May, Sri Gurudev was interviewed by Hawaiian radio station K108. During the interview, Gurudev defined the goal of the spiritual seeker. He said, "To live a healthy, happy life, that's our goal, and if you can live a healthy, happy, peaceful, clean life, you will realize the God within. For physical health, maintain strict discipline in diet, abstaining from drugs and alcohol; and for mental health, lead a dedicated, selfless life, living for the sake of others, ready to serve at all times."

Honolulu

On Friday, 22 May, Sri Gurudev gave a talk at the University of Hawaii. Nancy Wongmo organized the event. Before the lecture, Jai Ma performed their lovely and inspiring spiritual music. Some two hundred

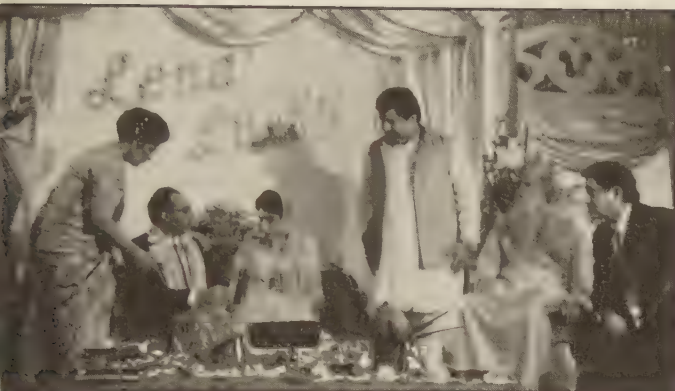
fifty people attended the program. During the talk, titled "Know Thyself," Gurudev emphasized the meaning of spiritual life, observing that the purpose of religion is to bring the Spirit to you. "But," said Gurudev, "in fact, even religions seem to be losing their spiritual side. For example, women can't be ordained; there's no place for them in

heaven." Gurudev said that only the physical features, not the mind or the spirit, differentiate men and women. He wondered why if someone were a spiritual person, he or she would look only at the body, and he quoted Acharya Shankara, who said, "I'm not the body; I'm not the mind; Immortal Self I am." Gurudev explained that we forget to see the unity in the diversity, advising that we should always have unity in the mind and diversity in the actions. The purpose of religion, said Gurudev, is to keep on reminding us that we are all spiritual beings playing our parts, that we are in reality the pure Self.

During his stay in Hawaii, Sri Gurudev was lovingly hosted by Peter and Roseanna Hsi.



Sri Gurudev with Hawaiian devotees.



In Hong Kong, Sri Gurudev participates in the wedding ceremonies of Lena and Luke Harilela.

Hong Kong

From 23 to 31 May, Sri Gurudev attended the pre-wedding, wedding, and post-wedding ceremonies in honor of Luke Harilela and his bride, Lena. Lena's and Luke's wedding took place on Thursday, 28 May, at the Holiday Inn in Hong Kong.

On Monday, 1 June, Sri Gurudev gave a talk sponsored by the Divine Life Society. Gurudev spoke to about fifty people on "Caring and Sharing."

On Wednesday, 3 June, Gurudev spoke on *Vedanta* to an audience of one hundred at the Chinmaya Mission. Gurudev began his talk on how to live a life true to *Vedantic* principles with these words: "I don't read, I don't write, I don't think, but here in your presence, whatever the Lord wants to tell you, let him use me as a speaker." He then

explained that *Vedanta* means "end of the *Vedas*." That is, you come up to a standard in your life where you really understand who you are. Free from any of the so-called additions, you liberate yourself from these denominations, becoming the pure I, or the pure Self. Then, declared Gurudev, you will

be living your life exactly according to Vedanta.

A dinner was sponsored by Divine Life Society members on Thursday, 4 June, at the Bodhi Restaurant. Among the one hundred people attending the dinner were Mr. and Mrs. George Harilela, the President and Directors of the Divine Life Society, Eva Kwan (Secretary of the Divine Life Society), Mr. and Mrs. Hari Kima (Mr. Kima is President of the Rotary Club), the Chan family, and the Chinese members of the Divine Life Society.

On Friday, 5 June, *Bharat Ratna*, an international magazine that serves the worldwide Indian community, interviewed Sri Gurudev. During the interview, Gurudev discussed several issues of particular concern to Hong Kong residents. For example, members of the Indian community in Hong Kong are concerned about the change of sovereignty from Britain to China in 1997 and how this change will affect their future in Hong Kong. Gurudev urged them to have a positive attitude, to be confident, to make practical plans, to help one another, and to have trust in the Higher Will.



Members of the Divine Life Society dine with Sri Gurudev at the Bodhi Restaurant in Hong Kong.



Padma and Hari Harilela host Sri Gurudev at the Holiday Inn, Bangkok.

Thailand Bangkok

On Sunday, 7 June, Roma Uttamchandani sponsored a talk by Sri Gurudev at the INSAF Mansion in Bangkok.

The group of about seventy people was made up of members of a *Bhagavad Gita* study group. Sri Gurudev spoke to the group about the basic message of the *Gita*: dedication.

Hari and Padma Harilela hosted Sri Gurudev and a party of

sixty at a dinner at the Holiday Inn. ■

—by Swami Dayananda
and Kumari de Sachy



Jayanthi 1992



Dear Friends,

Hari OM. You are invited to join us for a joyous celebration in honor of the birthdate of our Beloved Spiritual Master, Sri Swami Satchidanandaji Maharaj. Please note that due to a recent change in Sri Gurudev's travel plans, he will be abroad this December. Therefore, we have changed the dates for the Jayanthi Celebration so that we can have the great blessing of his presence during the festivities.

- **Saturday, November 21**
9:30 a.m. Jayanthi Puja and Program
Celebration Luncheon
7:00 p.m. Evening Offerings
- **Sunday, November 22**
9:30 a.m. Offerings
Celebration Luncheon

We hope you will be able to join us for this most auspicious occasion.

Please make reservations early, no later than November 4th.
Call 9:30-11:30 a.m. or 2:00-5:30 p.m., or write:

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Swami Sivananda



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*"We have to respect every
atom in this universe."*

Sri Gurudev



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122 Logancraft, Dallas 75227	(214) 388-9438
VIRGINIA	
141 Elkins Circle, Virginia Beach 23456	(804) 468-9531
WASHINGTON, D.C. area	
118 Lakeview Terr., Falls Church 22041	(703) 354-3072
1505 Montrose Ave., #202, Bethesda 20814	(301) 530-9081
WASHINGTON (State)	
118 N.E. 61st St., Seattle 98105	(206) 527-0975
151 S. Scotchot Head Rd., Clinton 98236	(206) 221-3735
AUSTRALIA	
Belantipy Rd., Buchan, Victoria 3885	(051) 550-275
10 Mary St., East Bairnsdale 3875 Victoria	03-787-6655
1 Alfred St., Norwood, Adelaide, South Australia 5067*	(08) 318-9993
1 Bamford Ave. West Meadows, 3049 Victoria	
BELGIUM	
1endermondse STWG 19, 9300 Aalst	
1 Ave. des Lauriers Corises, B 1950, Kraainem, Brussels	(02) 731-3874
BERMUDA	
1unscombe Road, South Shore, Warwick	
CANADA	
125 Park Ave., Montreal, Quebec H2V 4G9*	(514) 271-1633
R. #1, Roblin, Ontario K0K 2W0	(613) 388-2446
Prince Philip Blvd, Scarborough, Ontario M1E 1H8	(416) 261-9051
166 Folkway Dr. #51, Mississauga, Ontario L5L 3M3	(416) 820-5804
193 Lakeshore Rd, Sarnia, Ontario N7S 3M3	(519) 542-5470
135 Green Vale Pl., Victoria, B.C. V8N 1S3	
ENGLAND	
1anthi Kutir, 2 Church Rise, Ryton, Tyne & Wear NE40 3DW	091 413 4425
FRANCE	
1Allee des Ormeaux 37540 Saint-Cyr	047/411732
1Champagne Clot, Rue Des Kerrmess, Escaillon, 83222 Toulon	91-46-35
1Rue de Trevis, 75009 Paris	47-70-9825
1Rue Scheffer, 75016 Paris *	45-53-5476
INDIA	
1estipalayam 641 201 (Via Podanur) Coimbatore Dt., South India*	472-375
1Muruga Villa* 20 Pycroft's Garden Rd., Nungambakkan, Madras*	(0422) 42651
16 Bashyakarulu Rd., west R. S. Puram, Coimbatore 641002	
IRELAND	
18 Sycamore Ave., Rathbane, Limerick	061-43954
LIBERIA	
1o. 3 Sch. Rd., Box 2106, Diobu, Port Harcourt	
RI LANKA	
1krulsham* Udduvil, East Chunnakam	
1krulsham* 46 Wayman Rd., Jaffna	
SWITZERLAND	
1lien Str. 1, 9000 St. Gallen	071-9438-65



Integral Yoga is the synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, Raja Yoga leads ultimately to the state of samadhi, or super-consciousness.

Japa Yoga

The concentrated repetition of a mantram, a sound vibration representing an aspect of the Divine, leading to awareness of and attunement to this vibration.

Hatha Yoga

Postures (asanas), breath control (pranayama), relaxation, and cleansing practices (kriyas) to purify and strengthen the body and mind.

Karma Yoga

The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga

The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga

The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind and realizes the Oneness.

The Goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of: a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as crystal, and a life filled with Supreme Peace and Joy.

Sri Swami Satchidananda